

# Criticism from different perspective

Think about something you often criticise yourself about (it could be your social skills, work or school performance, etc.).

Firstly, use the 'Me' column to write down things you usually say to yourself about this issue. Also, try to recall the tone of voice (e.g. serious, angry, casual, friendly, cheerful, etc.) with which you usually say them.

In the 'Friend' column, pretend it was your close friend struggling with the same issue. Write what you would say to them, and note the tone of voice you would use with your friend.

Finally, in the 'child' column imagine you were talking with a child struggling with the same concerns. Write what you would say to them, the tone of voice you would use.

ME	FRIEND	CHILD

Are the things you say to yourself, and the way you talk to yourself, any different from how you would talk to a friend or a child?